

# adult special interest

## First Aid & CPR Classes

### Heartsaver - First Aid Certification

The Heartsaver First Aid Course teaches rescuers to effectively recognize and treat emergencies in the critical first minutes until emergency medical services personnel arrive. Take one day and be prepared to take care of your family and friends in an emergency. Upon completion of the hands on skills and the written test you will receive a first aid certification.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
2110.500	14 and up	M	June 4	9am-1pm	Maury Commons	\$35/\$50
2110.505	14 and up	M	July 9	9am-1pm	Maury Commons	\$35/\$50
2110.506	14 and up	M	Aug 6	9am-1pm	Maury Commons	\$35/\$50

### Heartsaver CPR/AED Certification

Would you be able to help someone you love if they needed CPR? Don't wait until it's too late to find out! Get the skills you will need to provide basic care for breathing and cardiac emergencies, and perform CPR until advanced medical personnel arrive. You will also be trained to use an Automated External Defibrillator (AED).

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
2110.430	14 and up	M	June 18	9am-1pm	Maury Commons	\$35/\$50
2110.432	14 and up	M	July 23	9am-1pm	Maury Commons	\$35/\$50
2110.433	14 and up	M	Aug 20	9am-1pm	Maury Commons	\$35/\$50



**June 20  
August 21**

**Hurkamp Park  
7pm - FREE!**

Music by the  
Fredericksburg  
Community Concert Band

Rain Dates: June 27  
and August 28

**MUSIC**  
Under the Stars



**Saturday, Sept. 22**  
10am - 5pm

**Sunday, Sept. 23**  
11am - 4pm

A special exhibit of Artists & Fine Craftspeople  
at Riverfront Park in historic downtown Fredericksburg

Oil Paintings - Watercolors - Pottery - Furniture - Weaving - Photography - Jewelry - Acrylics - Wood  
Sculpture - Wood Block Prints - Mixed Media - Pastels - Handbags - and More!

**Plus Live Music** by Laurie Rose Griffith & Peter Mealy

## First Aid & CPR Classes

### Heartsaver First Aid & CPR/AED Certification

The Heartsaver AED, CPR and First Aid course teaches CPR, AED use, relief of choking in adults and children and infant CPR and relief of choking. Use of barrier devices for all ages is also covered. First aid topics include how to manage illness and injuries in the first few minutes until professional help arrives. Also covered are general principals, medical emergencies, and injury emergencies.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
2110.306	14 and up	W	June 13	11am-6pm	Maury Commons	\$45/\$60
2110.308	14 and up	W	June 27	11am-6pm	Maury Commons	\$45/\$60
2110.512	14 and up	W	July 11	11am-6pm	Maury Commons	\$45/\$60
2110.521	14 and up	W	July 25	11am-6pm	Maury Commons	\$45/\$60
2110.523	14 and up	W	Aug 15	11am-6pm	Maury Commons	\$45/\$60
2110.524	14 and up	W	Aug 29	11am-6pm	Maury Commons	\$45/\$60

### HSI Pet First Aid

Will you know what to do when your pet needs help? Your pet depends on you for his or her well-being. Our Pet First Aid course teaches emergency care procedures for cats and dogs and provides tips for keeping your pet happy and healthy too. Among the things you will learn are; How to approach a sick or injured animal; administering medications; recognizing an emergency; performing CPR and first aid; treating common problems and emergencies requiring immediate attention; and what to stock in a pet first aid kit.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
4814.129	10 and up	W	Aug 1	12pm-4pm	Maury Commons	\$35/\$40

## Art

### Watercolor I

Get to know the artist within you. Learn the basics of this beautiful medium with artist Nancie Harris. Find your particular style and feel your creative energy flow as you learn how to begin painting your own watercolors. Each student will work on 4 pieces throughout the course. Pick up a supply list when you register. No experience necessary.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
4031.305	16 and up	Tu	July 17-Aug 7	10am-12pm	562-2 Wolfe St. (Mind & Body Studio)	\$41/\$46
4031.318	16 and up	Tu	July 17-Aug 7	7pm-9pm	562-2 Wolfe St. (Mind & Body Studio)	\$41/\$46

### Watercolor II

For those of you who have taken Nancie's Watercolor I class or have some watercolor experience. We will expand your watercolor techniques and explore new ways to handle the medium. There will be three new techniques wet on wet, collage work, another card. Come ready to paint!

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
4033.417	16 and up	Tu	June 5-June 26	10am-12pm	562-2 Wolfe St. (Mind & Body Studio)	\$41/\$46
4033.517	16 and up	Tu	Aug 14-Sept 4	10am-12pm	562-2 Wolfe St. (Mind & Body Studio)	\$41/\$46
4033.315	16 and up	Tu	June 5-June 26	7pm-9pm	562-2 Wolfe St. (Mind & Body Studio)	\$41/\$46
4033.415	16 and up	Tu	Aug 14-Sept 4	7pm-9pm	562-2 Wolfe St. (Mind & Body Studio)	\$41/\$46

## Art

### Acrylic I

This easy, portable art will offer even beginning artists a chance to express themselves with paint. We'll look at basic acrylic techniques, try an acrylic collage, a wash, and even a still life. Make this the year you try something new and creative.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
4035.409	16 and up	W	May 9-May 30	10am-12pm	562-2 Wolfe St. (Mind & Body Studio)	\$41/\$46
4035.509	16 and up	W	Aug 1-Aug 22	10am-12pm	562-2 Wolfe St. (Mind & Body Studio)	\$41/\$46
4035.308	16 and up	W	May 9-May 30	7pm-9pm	562-2 Wolfe St. (Mind & Body Studio)	\$41/\$46
4035.408	16 and up	W	Aug 1-Aug 22	7pm-9pm	562-2 Wolfe St. (Mind & Body Studio)	\$41/\$46

### Acrylic II

For those of you who have some experience working with acrylic paints or have taken Nancie's first session. This class will help you continue to explore your creativity and ability to work in this wonderfully portable and easy art form. Each student will continue to work at his/her pace to complete different projects.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
4035.416	16 and up	W	June 6-27	10am-12pm	562-2 Wolfe St. (Mind & Body Studio)	\$41/\$46
4035.309	16 and up	W	June 6-27	7pm-9pm	562-2 Wolfe St. (Mind & Body Studio)	\$41/\$46

### Johnny Johnson's Watercolors

This is your chance to learn paint watercolors with one of the most famous artists in our area. This is a class for beginners only. In this six week class you will have a chance to explore your inner artist while you learn the ticks to making the paper come alive! No experience necessary. Limited spaces, so register early.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
4037.401	18 and up	Th	June 21-July 26	10am-12pm	Dorothy Hart Center	\$42/\$56

## Photography

### Rock your Point & Shoot Camera

Do you have a point and shoot camera and what to learn how to use it to create images you love? Are you tired of getting images that you don't like but you don't know how to improve them? This class will help you create better photographs with your point and shoot camera. Come and learn about composition, f-stops, shutter speeds, white balance, ISO and much more in a class geared specifically to point and shoot camera users. A digital point and shoot camera is required for this class as well as assignments to complete between classes.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
9000.013	14 and up	M	June 4-July 23	7pm-8:30pm	Dorothy Hart Center	\$60/\$60

### Don't Settle, Love the Results DSLR Camera

Do you have a DSLR camera that has more modes and menus than you can figure out? Would you like to learn about your camera by having fun making images and rather than being put to sleep by reading the owners manual? This class is for anyone who would like to learn more about composition, ISO, f-stops, shutter speed, white balance, and the various camera modes of their DSLR cameras. A DSLR is required for this class as well as assignments to complete between classes.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
9000.012	14 and up	Th	June 7-Aug 2	7pm-8:30pm	Dorothy Hart Center	\$60/\$60

## Photography

### Portrait Photography

Learning to create great portraits is what this class is all about. Come and join us as we explore many different ways to create great portraits you will be happy to share with your family and friends. Posing your subject, lens choice, light sources, metering, studio lighting and location lighting are some of the topics we will explore in this class. A good working knowledge of a DSLR is required for this class as well as assignments to complete between classes.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
9000.014	14 and up	F	June 8-July 27	10am-11:30am	Dorothy Hart Center	\$75/\$75

## Language

### French for All Ages

Immerse yourself in the rich and powerful French language and culture. Starting with the basics for the beginning learner with letters, numbers, and simple vocabulary to a more conversational, and in depth study for the more advanced and older ages. Classes will be fun and interactive with hands on and fun games and stories.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
5600.100	18 and up	Th	May 3-June 21	6:25pm-7:10pm	Dorothy Hart Center	\$40/\$45

### Advanced Conversational Italian

Build on the skills you learned in our previous classes. The instructor teaches an expanded set of skills to those that have acquired a basic knowledge of Italian through completion of conversational Italian I. This is ideal for those who are planning a trip to Italy.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
4490.420	13 and up	W	May 23-June 27	7pm-8pm	Dorothy Hart Center	\$70/\$75
4490.417	13 and up	Th	May 24-June 28	11am-12pm	Dorothy Hart Center	\$70/\$75

## Special Interest

### Basic Dog Manners

Using positive reinforcement methods based on current learning theory and behavior modification techniques, we will teach YOU to teach the dog to respond to your commands of: "Come", "Sit" (and Stay), "Down" (and Stay), "Heel" and "Watch!" We will begin teaching the skills dogs need to pass the AKC Canine Good Citizen test. Dogs of all ages and sizes are welcome, but the dog must be at least 14 weeks old and have had at least 2 of 4 puppy vaccinations. Participants in all classes must show current veterinary vaccination/titer record at first night's orientation. Positive reinforcement methods only. We will learn to use a clicker. Students learn to use their clicker to show dogs the desired behavior and give immediate rewards. A clicker, hot dogs, lots of praise and a dog that you love are all you need for class. Dogs attend ALL five classes. Students will receive weekly homework materials and dog behavior and problem solving discussions. We will have a festive graduation with prizes and photo opportunities Week 5. Please request a supply list and class orientation sheet when you register. Choose from our daytime session or our evening session. Sarah Ferrell welcomes your questions. E mail saf@abrohamneal.com to receive your orientation and homework for Week One. Classes are small. Please register early.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
4311.411	16 and up	W	June 20-July 25	7pm-8pm	Dorothy Hart Center	\$89/\$99
4311.421	16 and up	W	June 20-July 25	2:30pm-3:30pm	Dorothy Hart Center	\$89/\$99

## Special Interest

### Advanced Dog Manners - Obedience

In response to graduates of our Basic classes, we offer an advanced skills class for dogs who want to go a bit further in their good manners mastery. We will work hard on longer sit and down stays; calm, leisurely loose lead walking; and fast, enthusiastic "Come!" when called. Dogs will learn to do their work, on request, even with distractions like strangers knocking on the door, humans jogging while they concentrate on sit or down, watching their humans even when tantalizing dog fun activity unfolds around them. For dogs who have attended a basic skills class and now want to hone their attention and obedience response vocabulary, this is the class for you. We will work on all ten tasks of the AKC CGC test as part of our school work. Want to practice a run-through of the AKC Novice obedience tasks and practice skills for the AKC Rally Novice program? Request a run-through as your graduation exercise. As in all Dog Manners classes, we will have a festive graduation our last session. Sarah Ferrell welcomes your questions. E mail [saf@abrohamneal.com](mailto:saf@abrohamneal.com) to receive your orientation and homework for Week One. This is a daytime class. Small group, so register early, please.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
4311.405	16 and up	W	June 20-July 25	1pm-2pm	Dorothy Hart Center	\$89/\$99

### Stop Smoking

This time you are going to quit smoking for good! Nancie Harris, a registered hypnotist for behavior modification, will help you quit without withdrawal symptoms, chemicals or medication, using relaxation and behavior modification techniques. Nancie will teach you the new behavior skills to get rid of your addiction. Hypnosis, although NOT a magic potion, is one way to help you keep an even keel, put yourself first, and quit smoking for good. Why not give it a try? Class size is limited.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
2460.302	16 and up	M	May 14	7pm-9pm	562-2 Wolfe St. (Mind & Body Studio)	\$45/\$50
2460.400	16 and up	M	June 11	7pm-9pm	562-2 Wolfe St. (Mind & Body Studio)	\$45/\$50
2460.401	16 and up	M	Aug 13	7pm-9pm	562-2 Wolfe St. (Mind & Body Studio)	\$45/\$50

### RAD for Women

In a bad situation, would you know what to do? This important "hands-on" program, brought to us by the Fredericksburg Police Department, will give you some safety tips and teach you valuable defense tactics to use should you ever be attacked. You'll learn how and where to kick and hit, and when and what to yell. Gain self-confidence and feel safer knowing that you know how to protect yourself should danger arise.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
2511.204	16 and up	Tu	June 5-26	7pm-9pm	Fredericksburg Police Dept.	\$12/\$12

### Paperwork Clutter-Get it Under Control

Mountains of paper can make you feel unorganized. This doesn't matter if it is junk mail, personal mail or schoolwork. It is all clutter when you do nothing to organize it. However, you can still learn how to control these mounds of paperwork. Organize it today. Learn a system that works and actually eliminates your paperwork.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
9200.102	16 and up	Tu	April 10	9:30am-11am	Dorothy Hart Center	\$20/\$20
9200.103	16 and up	Th	April 19	6:30pm-8pm	Dorothy Hart Center	\$20/\$20
9200.104	16 and up	Tu	May 15	6:30pm-8pm	Dorothy Hart Center	\$20/\$20

**So Wise Co.** When IMAGE Is Everything Be Sure To Make It WISE

Business Image • Print Design • Internet Marketing • Websites

(540) 623-4220 • [SoWiseCo.com](http://SoWiseCo.com)

## Special Interest

### Organizing 101- Learn the Basics of Organizing

Amid the endless piles of, dishes, forgotten bills, and overdue library books, you have a house. A house you would love to show off with pride. It makes you depressed even to think about how to get this mess organized. You feel your only hope now lies in the chance that one of your friends will recommend you for a cable show home makeover! While you're waiting for that lightning bolt to strike, let's try instead some simple steps and ideas to help you make your home into a place that allows cleaning and organization to be easily achievable. Who knows, you might even find that extra set of car keys you lost months ago!

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
9200.403	16 and up	Tu	April 24	9:30am-11am	Dorothy Hart Center	\$20/\$20
9200.404	16 and up	Tu	May 22	6:30pm-8pm	Dorothy Hart Center	\$20/\$20
9200.405	16 and up	M	May 7	9:30am-11am	Dorothy Hart Center	\$20/\$20

### Asset Preservation

Learn how to protect your assets during an extended illness as well as myths of Medicaid and Medicare. Learn how to keep your independence. **SAVING BONUS:** Sign-up for both the Asset Preservation and Making Sense of College Savings class and receive a \$5.00 dollar discount.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
4620.402	16 and up	Tu	June 12	7pm-8pm	Dorothy Hart Center	\$12/\$12

### Making Sense of College Savings

It's never too soon to start a college savings plan. Val Folden, a Certified Financial Planner (CFP) will compare Prepaid College Savings Plan options by the Commonwealth of Virginia, Educational IRA's, as well as other investment alternatives to providing means to pay for the college education of your children or grandchildren. **SAVING BONUS:** Sign-up for both the Asset Preservation and Making Sense of College Savings class and receive a \$5.00 dollar discount.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
4620.403	16 and up	Tu	July 17	7pm-8pm	Dorothy Hart Center	\$12/\$12

### The Perfect Marriage

Only the brave of heart and highly open-minded should sign up for this class. Come ready to experience transformation and miracles in your interpersonal life, in ways you have likely never imagined possible. The information to be revealed in this class will shock you, the real-time, in-class transformation will change the way you look at things permanently and set you up to experience freedom, joy, aliveness, and endless possibilities in even your most difficult relationships. Yes, it sounds like a pie-in-the-sky kind of promise, but wait til you experience it!

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
9400.100	18 and up	Tu	June 5-26	9am-10am	Dorothy Hart Center	\$147/\$147
9400.101	18 and up	W	June 6-27	9am-10am	Dorothy Hart Center	\$147/\$147

### How to Successfully Write Your Own Book

Have thoughts of writing your own book and becoming an author been virtually haunting you, but you just are not sure how to do it all by yourself? If so, this class is the one-stop solution you have been looking for. We start at the very beginning of how to even start to write a book, then move on to develop solid ideas, form chapters, and finish with tips on editing, marketing and even publishing options for your masterpiece. From start to finish, if you want to know what you must do take your desire to write a book and make it a reality in your life, please go ahead and sign up for this class immediately.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
9400.102	18 and up	W	Aug 1	9am-10:15am	Dorothy Hart Center	\$45/\$45
9400.103	18 and up	W	Aug 22	9am-10:15am	Dorothy Hart Center	\$45/\$45

## Special Interest

### Creating Beads for Everyone

Ancient Cultures have used beads as a tool for spiritual practice for thousands of years. Create your own personal set of inner wisdom beads using high-quality elements from around the world; crystal, mineral, wood, seed, glass, and clay. When you add your own individual symbols and intention to the beads, you create a sacred tool that can assist in meditation, prayer and balance. Examples can be viewed at [www.innerwisdombeads.com](http://www.innerwisdombeads.com). \$25 material fee/paid to the instructor first class.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8900.100	14 and up	F	May 11	1:30pm-3:30pm	Dorothy Hart Center	\$45/\$45
8900.101	14 and up	Sa	May 19	10am-12pm	Dorothy Hart Center	\$45/\$45
8900.102	14 and up	Tu	May 29	6:30pm-8:30pm	Dorothy Hart Center	\$45/\$45
8900.103	14 and up	W	June 20	2:30pm-4:30pm	Dorothy Hart Center	\$45/\$45
8900.104	14 and up	F	June 29	10am-12pm	Dorothy Hart Center	\$45/\$45
8900.105	14 and up	Th	July 12	1:30pm-3:30pm	Dorothy Hart Center	\$45/\$45
8900.106	14 and up	Sa	July 14	11am-1pm	Dorothy Hart Center	\$45/\$45
8900.107	14 and up	M	Aug 6	6:30pm-8:30pm	Dorothy Hart Center	\$45/\$45

### Creating Beads for Mothers-to-Be

As you experience the miracle of life growing within you, there is much you are doing to prepare for your baby's arrival. Past generations have used beads as a tool for comfort, strength and commemorating significant life events. Using high-quality beads from around the world; crystal, mineral, wood, seed, glass, and clay, create two sets of inner wisdom beads: One set for you to use to focus during labor/delivery, and one set for your baby filled with your love and intentions for him/her. Examples can be viewed at [www.innerwisdombeads.com](http://www.innerwisdombeads.com). \$40 material fee/paid to the instructor first class.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8900.200	14 and up	F	May 11	10am-12pm	Dorothy Hart Center	\$55/\$55
8900.201	14 and up	Tu	May 29	2:30pm-4:30pm	Dorothy Hart Center	\$55/\$55
8900.202	14 and up	W	June 20	6:30pm-8:30pm	Dorothy Hart Center	\$55/\$55
8900.203	14 and up	F	June 29	1:30pm-3:30pm	Dorothy Hart Center	\$55/\$55
8900.204	14 and up	Th	July 12	10am-12pm	Dorothy Hart Center	\$55/\$55
8900.205	14 and up	M	Aug 6	3:30pm-5:30pm	Dorothy Hart Center	\$55/\$55

### Resin/Collage Jewelry Technique

The latest rage in jewelry is a technique using images and resin to create a one-of-a-kind design to be used in making jewelry. In this class, you will craft a pendant necklace using 24K gold Nunn Design elements and learn the process of using resin as a tool for unlimited possibilities in jewelry design. \$20 material fee/paid to the instructor first class.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8900.300	14 and up	W	May 16	10am-1pm	Dorothy Hart Center	\$40/\$40
8900.301	14 and up	Tu	May 22	5:30pm-8:30pm	Dorothy Hart Center	\$40/\$40
8900.302	14 and up	Sa	June 2	10am-1pm	Dorothy Hart Center	\$40/\$40
8900.303	14 and up	Tu	June 26	5:30pm-8:30pm	Dorothy Hart Center	\$40/\$40
8900.304	14 and up	F	Aug 3	12pm-3pm	Dorothy Hart Center	\$40/\$40

## Special Interest

### Inner Wisdom Beads

Ancient Cultures have used beads as a tool for spiritual practice for thousands of years. During our first session, you will mold and handcraft your own beads using a variety of clay. You may carve and design your original beads to reflect your personal symbols and intention. We will reflect on the importance of symbols in our life. The following week, your kiln-fired beads will be ready to be incorporated with other high-quality beads from around the world (crystal, mineral, wood, seed, glass) to assemble your set of inner wisdom beads. \$50 material fee, paid to instructor at first class will include: clay, kiln firing, beads and beading material; program folder/notes.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8900.400	14 and up	F	May 18-25	10am-12pm	Dorothy Hart Center	\$90/\$90
8900.401	14 and up	F	May 18-25	1:30am-3:30pm	Dorothy Hart Center	\$90/\$90
8900.402	14 and up	M	June 18-25	11am-1pm	Dorothy Hart Center	\$90/\$90
8900.403	14 and up	M	June 18-25	2:30pm-4:30pm	Dorothy Hart Center	\$90/\$90
8900.404	14 and up	M	July 9-16	3:30pm-5:30pm	Dorothy Hart Center	\$90/\$90
8900.405	14 and up	M	July 9-16	6:30pm-8:30pm	Dorothy Hart Center	\$90/\$90
8900.406	14 and up	W	Aug 1-8	10am-12pm	Dorothy Hart Center	\$90/\$90
8900.407	14 and up	W	Aug 1-8	1:30pm-3:30pm	Dorothy Hart Center	\$90/\$90

### Nuno Felting

Make a unique piece of wearable art with the fun and easy process of nuno felting. Nuno felting involves embedding animal fibers, such as alpaca or wool, into a light weight piece of fabric. We will be using hand dyed fiber and silk chiffon to create a scarf. \$15 materials fee payable the first class includes felting fiber and a silk chiffon scarf. It's worth the ride!

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.610	12 and up	Sa	June 2	10am-12pm	Maranatha Alpaca Farm	\$35/\$35

### Drop Spindle

Learn how to make your own unique one-of-a-kind yarn by hand with a drop spindle. Workshop will cover the properties of different fibers, spinning singles, making a plied yarn and setting your yarn in preparation for knitting or crocheting. \$15 materials fee payable first class includes roving and a drop spindle.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.608	12 and up	Sa	July 7	10am-12pm	Maranatha Alpaca Farm	\$35/\$35

### Fiber Dyeing Class

Have you ever wondered how to create those amazing hand dyed yarns that you see at high end yarn shops? Have a particular color in mind and can't find it anywhere? In this one day workshop, you will learn the basics of dyeing wool and other protein based yarns, while you create your own one-of-a-kind hand dyed yarn skein. \$25 Materials Fee due at first class.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.606	12 and up	Sa	July 7	1pm-3pm	Maranatha Alpaca Farm	\$35/\$35

## Special Interest

### Beginning Crochet

This class will cover the basic crochet stitches, pattern reading as well as tips and techniques. Each student will complete a scarf made of natural Alpaca yarn from our herd. Materials will be chosen and paid at first class. \$25 materials fee payable at first class.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.604	12 and up	M	June 18-July 9	10am-11:30am	Maranatha Alpaca Farm	\$85/\$85
8000.704	12 and up	Sa	June 23-July 14	10am-11:30am	Maranatha Alpaca Farm	\$85/\$85

### Intermediate Crochet

This class will build upon the beginner crochet class. Using 2 skeins of natural Alpaca yarn, each student will leave the class with a finished Adult size hat. Materials will be chosen and paid at first class. \$35 materials fee payable at first class.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.605	12 and up	M	July 16-Aug 6	10am-11:30am	Maranatha Alpaca Farm	\$85/\$85
8000.705	12 and up	Sa	July 21-Aug 11	10am-11:30am	Maranatha Alpaca Farm	\$85/\$85

### Lace Shawl

This introduction to lace class will focus on the basics of lace knitting. Prerequisites: knit, purl, cast on, cast off. Material fees starting at \$60.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.614	12 and up	Sa	June 16-July 7	10:30am-12:30pm	Maranatha Alpaca Farm	\$60/\$60

### Beginning Socks

Turn heel? Shape gusset? Unlock the mysteries of sock-making and knitting in the round in this beginning class. Prerequisites: knit, cast on. Material fees starting at \$25.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.800	12 and up	Sa	June 16-July 7	1pm-2:30pm	Maranatha Alpaca Farm	\$60/\$60

### Lace Leaf Scarf

Learn to Knit a simple lace leaf motif in this crash course and you'll be half way thru the scarf by the end of class. Prerequisites: knit, purl. Material fees starting at \$25.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.801	12 and up	Sa	July 21	11am-12:30pm	Maranatha Alpaca Farm	\$30/\$30

### Entrelac Knitting

Create the woven look into a scarf with this patchwork-like technique. Prerequisites: Knit, Purl. Material fees starting at \$25.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.681	12 and up	Sa	July 28	11am-12:30pm	Maranatha Alpaca Farm	\$30/\$30

### The Cable Connection

Learn to knit your first cables with an easy scarf and hat pattern. Learn to interpret and follow cable graph patterns and written instructions and abbreviations. Prerequisites: Knit, Purl. Material fees starting at \$45.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.692	12 and up	Sa	July 28	1pm-2:30pm	Maranatha Alpaca Farm	\$30/\$30

## Special Interest

### Beginning Lace Knitting

Beautiful lace doesn't have to be complicated! Add interest to your knitted items with patterns of intentional open spaces. In each of four sessions we'll explore a different lace pattern, each focusing on a complementary set of increase and decrease techniques. Topics covered throughout the course will include needle selection, reading charts (as well as written instructions), use of stitch markers and lifelines, appropriate selection of cast-on and bind-off techniques for lace, and basic blocking techniques. Materials fee includes pattern, yarn, needles, row counter and stitch markers - everything necessary to create a stylish, wearable alpaca-blend scarf. Material fee of \$30 is payable to the instructor on the first night of class.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.804	12 and up	Th	June 7-28	6pm-8pm	Maranatha Alpaca Farm	\$80/\$80

### Intermediate Knitting

Ready to take your knitting skills to the next level? In this intermediate level class we will be covering cables and basic lace knitting. At the end of the four week session, you will have knit a stylish cowl from local alpaca yarn to keep you warm throughout those cold winter months. Skills Required: Must know how to cast-on, knit, purl, decrease and bind-off. Materials Fee: \$40 due at first class. Payable to instructor.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.612	12 and up	Sa	Aug 4-25	10am-12pm	Maranatha Alpaca Farm	\$80/\$80

### Chevette Necklace

In one session we will complete this adorable joker adorned with leaves. Prerequisites: knit, purl, cast on, cast off. Material fees starting at \$25.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.802	12 and up	Sa	July 21	1pm-2:30pm	Maranatha Alpaca Farm	\$30/\$30

### Sock Knitting

Discover Sock Knitting - it's all the rage! Don't be intimidated by socks - we'll take it step-by-step! We'll discuss the different methods of sock knitting, and each class will focus on one area of sock shaping - toe, heel, leg, and cuff. You can choose to do either one sock at a time, or two at the same time, to avoid the dreaded second-sock-syndrome! Materials will be provided at the class - including pattern, needles, row counter, stitch markers, and a comfy alpaca-merino-nylon blend yarn for soft and strong socks. Material fee is \$42 and is payable the first night of class to the instructor.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.803	12 and up	Th	July 5-26	6pm-8pm	Maranatha Alpaca Farm	\$80/\$80

### Friday Night Yarn Club

Want to find out more before joining? Come June 1 for a FREE meeting to see what it's all about!! Bring your favorite knitting, crochet or hand-spinning project and join us! Our fiber expert will be on hand to assist with your individual projects, or discuss new techniques and skills by your request. Come and make new friends while increasing your knowledge or pushing through those sticky roadblocks. Snacks will also be provided.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
8000.805	12 and up	F	June 8-29	7:30pm-9:30pm	Maranatha Alpaca Farm	\$50/\$50
8000.806	12 and up	F	July 6-27	7:30pm-9:30pm	Maranatha Alpaca Farm	\$50/\$50

## Trips

### National Zoo

One of our more popular trips, we allow you to visit the National Zoo the easy way...without all the hassles of driving to DC and parking. Once we get there, you are on your own to explore the zoo the way you want to, at your own pace. The zoo covers over 163 acres so wear comfortable shoes and have a ball! Children under 18 are half-priced for this special family outing. Trip cancellation date is May 18, 2012

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
5721.412	3 and up	Sa	June 23	8:30am-6pm	Dorothy Hart Center	\$35/\$35

### The Antique Mall

The largest Antique Mall on the East Coast. Offering a large collection of art, collectibles, glassware, toys, furniture, books, and much, much more! Trip cancellation date is May 18, 2012.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
5721.525	3 and up	F	June 29	8am-6pm	Dorothy Hart Center	\$35/\$35

### Navy Band Summer Concert

Throughout the summer, the musicians of the United States Navy Band captivate audiences with their powerful performances under the stars. Join us as we enjoy these fantastic musicians and the great heritage that is this country. We will arrive early so you can enjoy the many sites that surround the Naval Center. Concert starts at 8:00pm.

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
5721.414	6 and up	Tu	July 10	5:30pm-10:30pm	Dorothy Hart Center	\$35/\$35

### Gunston Hall - Home of George Mason

Gunston Hall was once the center of a 5,500-acre tobacco and corn plantation. Its owner, George Mason IV (1725-1792), was a fourth generation Virginian who became a senior statesman and one of the era's most influential figures. As author of the Virginia Declaration of Rights, Mason was among the first to call for such fundamental American liberties as religious toleration and freedom of the press. Thomas Jefferson once referred to Mason as "a man of the first order of wisdom."

Activity #	Ages	Day	Dates	Time	Location	Fee (R/NR)
5721.410	12 and up	W	Aug 15	8:30am-4:30pm	Dorothy Hart Center	\$35/\$35

## FREDERICKSBURG PHOTO SHOW

JUNE 21-24, 2012

DOROTHY HART COMMUNITY CENTER

START TAKING YOUR PICTURES NOW!

SHOW OPEN IS OPEN TO ALL AMATEUR PHOTOGRAPHERS

ENTRY FORMS AVAILABLE IN APRIL

ENTRY DEADLINE: JUNE 1, 2012

FOR MORE INFORMATION VISIT [WWW.FREDERICKSBURGVA.GOV](http://WWW.FREDERICKSBURGVA.GOV)  
SPONSORED BY THE FREDERICKSBURG PARKS & RECREATION DEPT. AND THE  
FREDERICKSBURG PHOTOGRAPHY CLUB



## San Francisco Getaway & Lake Tahoe

Featuring Monterey, Sonoma Valley, Sacramento & Virginia City

### Highlights....

San Francisco • Pier 39 • Sonoma Valley • Winery & Olive Oil Tours • Monterey • 17 Mile Drive • Sacramento • California Railroad Museum • Virginia City • Lake Tahoe Cruise



## Northern National Parks

Featuring Jackson, Wyoming, Yellowstone National Park, and Grand Teton National Park

### Highlights....

Salt Lake City • Jackson Hole • Oregon Trail Museum • Yellowstone National Park • Grand Teton National Park • Old Faithful



The Northern National Parks comes in at a rate of \$1999 including airfare out of Richmond.

The San Francisco and Lake Tahoe comes in at \$2249 with airfare out of Richmond.

Interested? Contact JoAnne Jones at [jejones@fredericksburgva.gov](mailto:jejones@fredericksburgva.gov) for details.